

**DATING INTEGRITY QUESTIONNAIRE**  
**25 QUESTIONS – PLEASE PRINT**

*Integrity means that you do what you say you are going to do, that you are who you present yourself to be and that you know your values and feelings and act consistently on them. Integrity is a key component in successful dating and relationships. When we treat each other with integrity we promote trust, safety, strength and healthy power in our community.*

*This Integrity Questionnaire will help you assess your level of integrity in dating. It will point out the areas in which you might want to review your behavior. If you score low or moderate, you might want to consider some therapy or consultation to review your approach to dating.*

*On the questions below, circle the number which applies to each item. After you complete all items, use the scoring key on the last page find your integrity level.*

<b>DATING INTEGRITY QUESTIONNAIRE</b>	<b>NEVER</b>	<b>SOMETIMES</b>	<b>ALWAYS</b>
<b>1.</b> When someone I am not interested in asks me out, I turn them down directly and sensitively rather than pretending to be interested.	1	2	3
<b>2.</b> I tell the truth about my personal statistics when meeting people for blind dates through ads, phone lines, dating services or computer bulletin boards.	1	2	3
<b>3.</b> When I promise to call a guy, I follow through.	1	2	3
<b>4.</b> I go out on dates with other men when I am in a relationship.	3	2	1
<b>5.</b> I lie about my age.	3	2	1
<b>6.</b> When I am first getting to know someone, I exaggerate my relationship or life experience.	3	2	1
<b>7.</b> I date several guys at the same time without letting any of them know.	3	2	1
<b>8.</b> At the end of a blind date, if asked, I give a clear signal if I am not interested in going out again.	1	2	3
<b>9.</b> When a guy asks me to keep something private about himself, I do so.	1	2	3
<b>10.</b> I arrive on time for dates.	1	2	3
<b>11.</b> When someone I have had a few dates with calls and leaves a message requesting to go out again, I ignore their call when I am not interested.	3	2	1
<b>12.</b> When asked, I tell the truth about my HIV status.	1	2	3
<b>13.</b> I have formulated a safe sex plan for myself and stick to it.	1	2	3
<b>14.</b> When I have a cold or mild flu, I have sex without telling my partner.	3	2	1

**DATING INTEGRITY QUESTIONNAIRE****NEVER   SOMETIMES   ALWAYS**

<b>15.</b> When I am dating someone I really like, I engage in sexual activities I don't enjoy to please my partner.	3	2	1
<b>16.</b> When pushed during sex to do something I am not comfortable doing, I say no.	1	2	3
<b>17.</b> If I have agreed to have monogamy with a partner, I stick to the agreement or renegotiate.	1	2	3
<b>18.</b> When I make an agreement with a partner or date to do something, I follow through or renegotiate.	1	2	3
<b>19.</b> I am clear about what kinds of behaviors and attitudes of a potential partner do not work for me and terminate when I see the warning signs.	1	2	3
<b>20.</b> When someone I am dating challenges me about telling a lie or breaking an agreement, I acknowledge my lapse without becoming defensive or making excuses.	1	2	3
<b>21.</b> I am able to know when I feel sadness, anger and fear and can express those feelings.	1	2	3
<b>22.</b> I have let a guy mistreat me without standing up for my rights.	3	2	1
<b>23.</b> I avoid dealing with conflict or tense situations.	3	2	1
<b>24.</b> When I get angry at a guy, I get back at him in indirect ways.	3	2	1
<b>25.</b> During sex with a regular partner, I secretly fantasize about someone else.	3	2	1

## SCORING KEY

Total the number of 3's, 2's and 1's. Add them together for your integrity score.

$$3 \times \underline{\quad} = \underline{\quad}$$

$$2 \times \underline{\quad} = \underline{\quad}$$

$$1 \times \underline{\quad} = \underline{\quad}$$

$$\text{TOTAL} = \underline{\quad}$$

HIGH INTEGRITY 65-75

MID INTEGRITY 45-65

LOW INTEGRITY 0-45